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Importance of *Gandusha Dharana* in Daily Life w.s.r. to Oil Pulling

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ABSTRACT

The risk of oral disorders rises as a result of the oral cavity being exposed to external environmental pollutants on a continual basis, which encourages bacterial invasion. Therefore, it is crucial to keep up with appropriate oral hygiene to reduce the risk of bacterial invasion. As a specific therapy for maintaining good dental hygiene, *Gandusha* is advised by *Ayurveda*. By acting as a cleanser and bolstering the oral cavity's defenses, it will maintain and promote oral hygiene. Oral illnesses are treated with and prevented from using *Gandusha*. The *Gandusha* therapy will serve as a fundamental instrument for proper oral hygiene, as this review article demonstrates.

Key words: Oral Hygiene, *Gandusha*, *Mukha Swasthya*.

INTRODUCTION

In modern life, however due to lack of time and negligence Oral hygiene not properly maintained. *Mukha* or Oral cavity or Buccal cavity is one of our body's main nine apertures.^[1] It is the beginning of our body's vital gastrointestinal system. *Mukha Swasthya* is very important to be healthy because many diseases begin in the *Mukha*.

Dinacharya and *Ritucharya* are discussed in *Swasthavritta* to maintain personal hygiene. One can

avoid the negative consequences of the environment or climate by following these rules. We may take care of our *Indriya*, or required organs, by following *Dinacharya's* principles and keeping them clean so they can work properly. *Nasya*, *Karnapurna*, *Anjana*, and *Dantadhavana* are some of the sense organ cleansing exercises outlined in *Dinacharya*.^[2]

Gandusha are practices in *Ayurveda* that are outlined in *Dinacharya*, i.e., the daily regimen, *Gandusha* contains both curative and preventative qualities to avoid disorders of the mouth, teeth and gums. *Gandusha* is the practice of putting oil or medicated water into one's mouth in the morning and holding it there for a few minutes without moving it about inside the mouth.^[3]

MATERIALS AND METHODS

This is literary study for fulfilling the above aims, the literary materials were collected from different *Ayurvedic* texts *Bruhatrayi* i.e., *Ashtanga Samgraha*, *Charaka Samhita*, *Susruta Samhita*, *Ashtanga Hridaya* and *Laghutrayi* i.e., *Sharandhara Samhita*, *Yogaratanakara* were searched out. Text of modern

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science disease of ear, nose, and throat & head and neck surgery by PL Dhingra, Shruti Dhingra and related information from various research papers, journals, articles and internet.

DISCUSSION

According to vitiated *Doshas*, it can also be done using *Sneha* (*Taila*, *Ghruta*), Milk, Honey, *Mansarasa*, Liquor, Different types of Vinegar, Various Urine, *Kanjis*, Sour liquids, *Kashaya* (decoction), *Ushanoadaka* (hot water) etc.^[4]

Ayurveda divides *Gandusha* into four forms based on *Doshagnata* (*Dosha* vitiation) and *Karmukata* (therapeutic benefits)^[5]

- Snaihika Gandusha* (Oleating)
- Shamana Gandusha* (Palliative)
- Shodhana Gandusha* (Purification)
- Ropana Gandusha* (Healing)

a) *Snaihika Gandusha* (Oleating)

In this type of *Gandusha*, it is prepared by the combination of *Madhurarasa* and *Amlarasa* principle substances and various types of *Lavana*, cooked with *Taila*, *Ghruta*, *Vasa* etc. All above mentioned properties are *Vataghna* therefore it is used in *Vata Doshas* e.g. Dryness of mouth.^[6]

b) *Shamana Gandusha* (Palliative)

In this type of *Gandusha*, it used by preparing *Tikta*, *Kashaya* and *Madhura* medicinal substances from *Kwatha Dravyas*. All of the qualities listed above are "*Pittaghna*" it is used to treat *Pittaja* illnesses. It relieves irritation caused by *Pitta Dosh* and has a relaxing effect on the oral cavity, which is beneficial for disorders characterized by a burning sensation in the mouth.^[7]

c) *Shodhana Gandusha* (Purification)

It is a purifying *Gandusha*, as the name suggests. *Gandusha Kwatha* (Decoction) is made from herbal drugs with *Katu* (pungent), *Amla* (sour), and *Lavana* (salty) flavours, as well as drugs with *Ushana Virya*. This *Gandusha* causes profuse oropharyngeal secretions,

which are then expelled into the oral cavity together with diseased "*Kapha Dosh*." As a result, it's used in *Kaphaja Rogas* in the mouth i.e., excessive salivation, heaviness and oral stickiness.^[8]

d) *Ropana Gandusha* (Healing)

This *Gandusha* is made of *Kashaya* (astringent) and *Tikta* (bitter) herbs that have a cool potency (*Shita Virya*). These qualities give it the ability to cure ulcers (*Mukha Vrana Ropana*).^[9]

Gandusha Dharana Procedure

The person should be forced to sit in a room with limited airflow and in a comfortable, upright posture. On the shoulders, throat, cheeks, and forehead, use *Swedana* (fomentation) and *Mardana* (massage). *Gandusha's* medicinal preparation has to be retained in his mouth to its full capacity, without moving his mouth, and with a focused mind. Face should be slightly raised. Individuals should not engulf it. By doing this, the effect of that *Gandusha Dravya* will continue to fall from the throat to the entire mouth cavity.^[10]

Gandusha Dharana Pramana

- '*Asancharya Tu Ya Matra Gandushah*' i.e., the amount of liquid that does not move when kept in the mouth.^[11]
- '*Draven churnam cha Gandushe Kola Matrakam*' i.e., The amount of substance used in the liquid for *Gandusha* is considered to be *One Kola* (6gm).^[12]

Gandusha Dharana Duration

Gandusha Dharana can be started from the age of 5 year. Should be recommended to hold it until oropharyngeal secretions fill the mouth with *Kapha*. When a watery discharge (*Jalasrava* from *Netra* and *Nasa*) comes from the nose and eyes, it should be spat out. The method should be performed 3, 5 or 7 times. *Gandusha Dharana* can be done to get rid of *Doshas* till suitable (*Samyaka Gandusha Lakshan*) *Gandusha* treatment signs and symptoms arise.^[13]

Benefits of *Taila Gandusha Dharana*

The following are the advantages of regular *Gandusha* practice^[14]

1. It helps to strengthen the jaw and the mandible (*Hanvorbala*).
2. It gives your voice more power (*Swarabalam*).
3. It nourishes the mouth and makes the face healthy and attractive by exercising the facial muscles and improving their motor function (*Vadanopchaya*).
4. Perception of the test is improved (*Rasagyanamanne cha Ruchirauttama*).
5. Prevent mouth and Throat dryness (*Na cha Kanthashoshah*).
6. Prevention of lips cracking (*na oshthayo sphutanabhayam*).
7. It strengthens teeth by providing support to the roots (*Dhridhamula*).
8. Prevention of dental caries (*Krimidanta*).
9. By nourishing nerves and nerve endings, toothaches and dental hypersensitivity are alleviated (*Dantaharsha and Dantashoola*).

Contraindications of Gandusha Dharana

Those who are *Ratrijagrana* (Awake at night), *Ajirna* (Dyspepsia), who have been given *Nasya*, *Aruchi* (Anorexia), *Hanugrah* (Lock Jaw) and *Pratishyaya* (Cold) should not be applied for *Gandusha Dharana*.^[15]

CONCLUSION

According to *Ayurveda*, *Gandusha* is one of the daily regular procedures in the context of *Dinacharya* for maintaining oral hygiene. In oral disorders, it is one of the most essential therapeutic procedures as well as an effective detoxification measure. By exerting a cleansing activity and strengthening the oral cavity's defense mechanisms, it will maintain and promote oral hygiene. When done in a systematic manner, it has both a preventive and a curative effect. Before doing *Gandusha* treatment, it is best to seek counsel from an *Ayurvedic* physician.

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